Resources on Coping with Traumatic Events

Websites:

**APAHelpCenter.org**

The APA's consumer website containing brochures, tips and articles on the psychological issues that affect our physical and emotional well-being.

[http://www.usd.edu/dmhi/Pubs/availability.html](http://www.usd.edu/dmhi/Pubs/availability.html)

University of South Dakota - Disaster Mental Health Institute Website. Contains short booklets on coping with disaster that can be printed from the website.

[http://www.mentalhealth.org/schoolviolence/teens.htm](http://www.mentalhealth.org/schoolviolence/teens.htm)

Center for Mental Health Services website. After Disaster: What Teens Can Do

[http://www.mentalhealth.org/schoolviolence/parents.htm](http://www.mentalhealth.org/schoolviolence/parents.htm)

Center for Mental Health Services website. After a Disaster: A Guide for Parents and Teachers


National Association of School Psychologists. Coping with a national tragedy. Has several resources including Helping Children Cope with Tuesday's Acts of Terrorism.


National Institute of Mental Health Website. A comprehensive section entitled Helping Children and Adolescents Cope with Violence and Disasters. Contains more in-depth information on Trauma, PTSD, etc.


David Baldwin's Trauma Information website. Disaster Mental Health Handouts.

Red Cross Brochures

*(Available at your local Red Cross Chapter or through the APA Practice Directorate's Disaster Response Network Office at 1-800-374-2723)*

When Bad Things Happen
Helping Children Cope With A Traumatic Event

Helping Children and Cope with Disaster - ARC 4499